

## **MAY**

#### May 6: Nacho Bar Luncheon, \$7 | 11 a.m.

In celebration of Cinco de Mayo enjoy a full nacho bar with all the traditional trimmings! Space is Limited. Please RSVP and pay by Wednesday, May 4.

# **JUNE**

#### June 23: Chicken & Fries, \$7 | 11 a.m.

Enjoy crispy fried wings with a generous portion of fries! Please RSVP and pay by Tuesday, June 21.

# June 30: National Bomb Pop Day, \$1 | 11 a.m.

Enjoy an ice cold, refreshing Bomb Pop in recognition of National Bomb Pop Day.

# **JULY**

## July 1: Red, White & Blue Hot Dog Day, \$7 I 11 a.m.

Celebrate America's favorite hot dog with all the trimmings! Lunch includes hot dog, potato salad, apple pie and drink. Please pay by Wednesday, June 29.

# July 7: Root Beer Float Day, \$1 | 11 a.m.

Between the luxurious vanilla ice-cream, the scrumptious root beer foam, how can anyone resist?

# July 29: National Friendship Day, \$3 I 11 a.m.

Share with your Doolittle Active Adult Friends.
Two(2) grilled cheese and two(2) cups of tomato soup
for the price of one(1) for you and a special friend!

## **AUGUST**

Aug. 18: National Baked Potato Day, \$4 | 11 a.m.

Enjoy a piping hot baked potato with your choice of 3 toppings.

# **Upcoming Events & Activities-2022**

Sept.: Picnic & Health Fair

Oct.: SeniorWeen

**Good Time Fish Fry 2** 

**Nov.:** Mob Museum

Dec.: Holiday Light Experience
"Noon" Year Day Countdown

## **VOLUNTEERS NEEDED**

Doolittle Senior Center is always looking for instructors to teach a variety of courses to active adults. If you have a skill or talent that you enjoy and would like the opportunity to share your knowledge, please contact the center at 702.229.6125. We are looking for computer, fitness, language, cell phone and sewing.

# **WATER AEROBICS**

Start your morning with a great exercise class.
Class starts July to Aug. / Monday, Wednesday
& Friday | 9-10 a.m. \$55/3mo., \$20/monthly fee
or \$3/class. • MUST PAY AT THE POOL
For more information, please call 702.229.6393

CITY OF LAS VEGAS

# DOOLITTLE

# **ACTIVE ADULT CENTER**

1930 N. J ST. • 702.229.6125

OPEN: MONDAY-FRIDAY, 8 A.M.-5 P.M.

# SUMMER ACTIVITY CALENDAR

## **MAY**

May 5: Mothers' Day Tea & Luncheon, \$10 | 11 a.m.

Dress in your Pearls, Fancy Hat and Tiffany BLUE! Bring your favorite tea cup set and enjoy various teas, good food and entertainment. Space is Limited. Special guest EC Adams. Please RSVP and pay by Thursday, April 28.

## May 18: Winery Tour & Lunch, \$70 | 9 a.m.

Join us as we Taste, Taste, Taste at two Nevada wineries. Sanders Family Winery and the \*Pahrump Winery. Fee includes transportation, winetasting and \*lunch. Bring spending money for shopping. Departing at 9 a.m. SHARP! Space is Limited. Please RSVP and pay by Monday, May 16.

## **JUNE**

June 16: Fathers' Day/Juneteenth, \$10 I 11 a.m.

Honoring Fathers, showing appreciation and celebrating the oldest known commemoration ending slavery in the US. Great food, fun and history. Space is Limited. Please RSVP and pay by Tuesday, June 14.

# **JULY**

July 28: Blue Jeans Patchwork Workshop, \$5 | 1 p.m.

Nearly everyone has at least a few pairs of old jeans or a skirt hanging in the closet, let's bring them back to life! Bring your blue jean pants, skirts or shorts and a pair of scissors and we'll show you how.

## **AUGUST**

Aug 5: First Friday at The Art District, \$5 | 6 p.m.

Join us as we tour Downtown culture and creativity by local artists in the community. Bring spending money for shopping and food. Transportation provided. Departing at 6 p.m. SHARP! Space is Limited. Please pay by Wednesday, Aug. 3.

Aug. 11: Smooth Vinyl Thursday, \$3 | 1 p.m.

Join us for Smooth Vinyl Thursday as we go back to Old School music on vinyl records. Virgin Mimosas and light refreshments provided. Records spin by Robert O. "The Album Guy". Please pay by Friday, Aug. 5.

# Aug. 16: Western Luncheon, \$10 | 11 a.m.

Wanted: All Cowboys & Cowgirls! Put on your western gear and mosey on over to the Doolittle Active Adult Center Ranch. Western style "vittles" will be served. Space is Limited. Please RSVP and pay by Friday, Aug. 12.

# Aug. 31: Wednesday Afternoon Movie/Trivia Day, \$3 I 1:30 p.m.

Watch a recently released movie, trivia thrown in with some light refreshments. Space is Limited. Please RSVP pay by Monday, Aug. 29.



Classes, events and activities require a \$10 annual membership. Must be 50+.





# **ACTIVE ADULT CENTER**

# DOOLITTLE SUMMER 2022

# **MONDAY**

**FITNESS ROOM** 8 a.m.-4:30 p.m.

# **GAME ROOM**

Monday-Friday • 8 a.m.-5 p.m. Play fun games Pinochle, Dominoes, Rummikub, Bid-Whist, Spades and More!

## STRENGTH TRAINING

9-10 a.m.

Workout with weights. Class held at **Doolittle Community Center** 

## **KNITTING & CROCHET**

9-10:30 a.m.

Share patterns, ideas and designs

# **CHAIR FITNESS**

10-11 a.m.

Exercise without strain on your body. These movements work to strengthen muscles while joints keep flexible!

## T.O.P.S.

10:30-11:30 a.m.

(Taking Off Pounds Sensibly) Weight loss support that works!

#### **BASIC LINE DANCE-BEGINNERS**

11:30 a.m.-12:30 p.m. Learn the basic steps. turns and calls.

# **BRIDGE CLUB**

11:30 a.m.-2 p.m.

#### JEWELRY/BEADING CLASS

11:30 a.m.-12:30 p.m.

## **CAMERA CLUB**

12:30-2 p.m.

Meets 1st & 3rd Monday of the month

# **TUESDAY**

**FITNESS ROOM** 8 a.m.-4:30 p.m.

# STRETCH-A-CISE

9-10 a.m.

Increase flexibility and circulation in this fun class!

#### \*YOGA\*

10-11 a.m.

Postures & Poses to improve flexibility

#### \*ZUMBA\*

11 a.m.-Noon

This class focuses on balance. range of motion and coordination. Prepare to leave empowered, It's FUN, It's Fitness, It's ZUMBA!

#### YOGA/ZUMBA

\*\*Fitness Pass\*\* \$15/mo. or \$5/daily

# BINGO!

Noon-1 p.m. "Say It Loud" \$2

# **WEDNESDAY**

**FITNESS ROOM** 8 a.m.-4:30 p.m.

#### STRENGTH TRAINING

9-10 a.m.

Workout with weights. Class held at Doolittle Community Center

#### **GUITAR LESSONS**

9:30-11 a.m.

Must bring your own guitar. This class meets every Wednesday of the month.

## **CHAIR FITNESS**

10-11 a.m.

Exercise without strain on your body. These movements work to strengthen muscles while joints keep flexible!

#### **BOOK CLUB**

11 a.m.-Noon

Calling All Readers! Meets every 2nd Wednesday of the month (5/11, 6/8, 7/13, 8/10)

#### **RED HAT "DIVAS"**

11 a.m.-1 p.m.

Meets every 3rd Wednesday of the month (5/18, 6/15, 7/20, 8/17)

#### **BRIDGE CLUB**

11:30 a.m.-2 p.m.

## **BAND JAM**

Noon.-3 p.m. Must have instructor approval.

#### **CHINESE MAHJONG**

1-3 p.m.

A tile-based game, based on Chinese characters & symbols.

# **THURSDAY**

**FITNESS ROOM** 8 a.m.-4:30 p.m.

#### STRETCH-A-CISE

9-10 a.m.

Increase flexibility and circulation in this fun class!

#### **CERAMICS**

9:30 a.m.-Noon-\$12/mo.

This class brings out the inner artist in you while getting your hands dirty (in a good way)!

#### \*YOGA\*

10-11a.m.

Postures & Poses to improve flexibility.

#### \*ZUMBA\*

11 a.m.-Noon

This class focuses on balance, range of motion and coordination. Prepare to leave empowered, It's FUN, It's Fitness, It's ZUMBA!

#### YOGA/ZUMBA

\*\*Fitness Pass\*\*

\$15/mo. or \$5/daily

#### BINGO!

Noon-1 p.m.

"Say It Loud" \$2

#### **INSPIRING MUSIC & MESSAGES**

1:30-3 p.m.

Enjoy positive feelings through music and creative messaging. This class meets every 3rd Thursday of the month

# **FRIDAY**

**FITNESS ROOM** 8 a.m.-4:30 p.m.

# STRENGTH TRAINING

9-10 a.m.

Workout with weights. Class held at Doolittle Community Center

#### **CHAIR FITNESS**

10-11 a.m.

Exercise without strain on your body. These movements work to strengthen muscles while joints keep flexible!

#### **SOUL LINE DANCE**

Intermediate/Advance

11 a.m.-1 p.m.

Have fun while you learn the steps to great music of R&B and Soul hits of yesterday and today.

#### **CRAFT-A-TEERS**

11 a.m.-1 p.m.

Join the Doolittle Craft-A-Teers and make hats, scarves, blankets and more for others in need.

# **SATURDAY**

#### THE SPIRIT OF SOUL **LINE DANCING**

Noon-3 p.m. - \$20/mo. Drop in fee \$7

Must pre-register for this class Space is Limited

This class meets every Saturday of the month

# DOOLITTLE ACTIVE ADULT CENTER AWARD WINNING COMMUNITY GARDEN

Reap the benefits of fresh fruits, vegetables and flowers. Monday-Friday 8 a.m.-5 p.m. • Location: 1200 Blankenship Ave. • Fee: \$10/bed for 6 months

Must have current CLV Senior Membership

Spring/Summer Session | April-September • Fall/Winter Session | October-March

**GARDEN ATTENDANT ON SITE WEDNESDAYS** 

# ~SUMMER SPECIALS~

Wrap Wednesday: May 11, June 1, July 6 and Aug. 3 - \$4 | 11 a.m.

-Your choice of wrap includes soup OR chips and all the fixings!

Burger Day: May 26, July 28 and Aug. 25 - \$4 | 11 a.m.

Enjoy a homemade hamburger/cheeseburger with all the fixings!

Joke Day & Birthday Celebration | 11 a.m.

If you have a joke to tell come and join the celebration of laughter! Every 4th Thursday of the month.

Breakfast & Movie: June 8, July 20 and Aug. 17 - \$5 | 9:30 a.m.

Have an excellent buffet breakfast followed by a recently released or classic movie!

# **HOLIDAY CLOSURES**

Monday, May 30 - Memorial Day; Monday, July 4 - Independence Day

Classes, Events and Activities Require A \$10 Annual Membership. Must be 50+.

Classes, Activities and Events are Subject To Change or Cancellation. Classes, Activities and Events are Non-Transferable/Non-Refundable.